E-Cigarettes and You!

Did you know...?

- **E-cigarettes** are not a safe alternative to tobacco smoking
- Smoking **e-cigarettes** now may put you at future risk of smoking tobacco cigarettes\(^1\)
- There are now more than 460 brands and over 7,765 unique flavors of **e-cigarette** products\(^2\), many of which may look good, but the health effects are **unknown** and could be **dangerous**
- **Nicotine** is highly addictive and may have effects on the adolescent brain that increase susceptibility to dependence on cocaine and other illicit drugs\(^3\)
- Adverse behavioral and cognitive effects can be seen with smoking during adolescence, a period of developmental vulnerability\(^4\)

Please **think again** before trying **e-cigarettes**

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**Questions?** Contact Tyler Wark at twark@med.uvm.edu


